



BRINGING EVERYTHING ALMOST

SINGER-SONGWRITER JANN ARDEN ENDING CANADIAN TOUR ON HALIFAX STAGE **PAGE 9**

N.S. jail back on lockdown

'Serious action.'

Inmates attacked prison staff, says correctional services director



RUTH
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The director of correctional services for Nova Scotia says the Central Nova Scotia Correctional Facility is back to a "lockdown approach" after an assault by inmates that injured four guards.

Sean Kelly said the guards were attacked as inmates were being released from their cells around 10:30 a.m. Saturday, following a week-long lockdown.

"In response to these kinds of incidents, we go back to a lockdown kind of approach where we'll only release so many offenders at any given time," Kelly said Sunday evening, adding that in the wake of the attack, only four inmates are being allowed out of cells at a time.

"We'll likely review that, evaluate that on a daily basis and, incrementally, we'll allow more and more offenders out until we get to the point where we're resuming normal operations."

Kelly said five cells were opened and eight inmates were released at the time of the attack. The four guards did not require treatment in hospital for their injuries, and the inmates did not use weapons in the attack. He said the jail has a zero-tolerance policy on violence and added the offenders will face disciplinary action as well as any appropriate criminal charges.

"That behaviour's absolutely unacceptable, and that's why we're looking at taking very serious action against the offenders," said Kelly. "So they'll remain locked down until their behaviour improves."

Weapons and drugs search

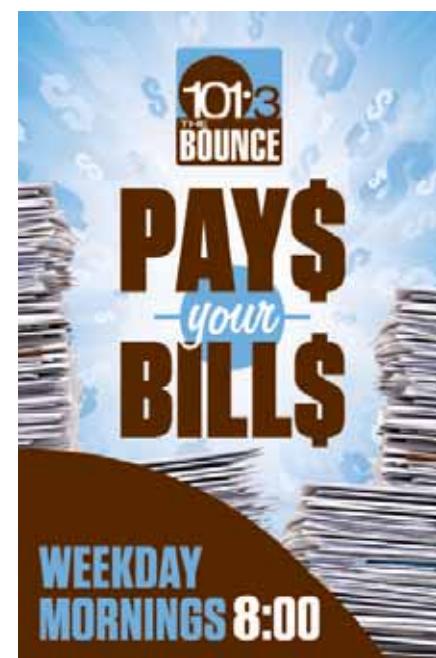
The jail was under the longest lockdown in its history last week in order to permit exhaustive searches for contraband weapons and drugs.

Six injured in deck collapse

Halifax police execute search warrant at Brussels Street home after a party early Saturday morning turned dangerous **PAGE 3**

N.Y.'s finest engagement ring rescue

NYPD save the day for Halifax couple on the Brooklyn Bridge **PAGE 6**



HOPSCOTCH-ING ACROSS HALIFAX

New York City artist Noah McDonough works on piece on the side of a building in the Dartmouth Cove area on Sunday. McDonough's piece was part of Hopscotch Halifax — a three-day festival of dance, art and music which finished on Sunday. JEFF HARPER/METRO



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FIVE THINGS YOU NEED TO KNOW TODAY

1 LOOSE MOOSE!

An eight-foot bull moose wandered into the Albion Business Park in Stellarton on Saturday, with one man saying he spotted the animal in the middle of the road at 6 a.m. DNR later moved the moose.

2 TANTALLON

A public meeting on an application to allow a 5,500-square-foot commercial building in Tantallon begins at 7 p.m. Monday, at the St. Margaret's Centre.

3 PAPS VS. BIEBS

Pop star Justin Bieber — or at least his lawyer — is expected in court today on the charge of dangerous driving and assault, relating to an Aug. 29 collision between a minivan and an ATV.

4 ABORIGINAL WOMEN

Alex Neve, head of Amnesty International Canada, is expected to join First Nations groups in Ottawa today to discuss the issue of violence against aboriginal women and girls.

5 BACK TO TARA

Rhett Butler may not give a damn, but fans of *Gone with the Wind* were more than happy to see the classic return to movie theatres this weekend for its 75th anniversary.

Police search home where deck collapsed, injuring 6

Accident. Most injuries are serious, police say



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Police say they have searched a residence on Brussels Street in Halifax where a third-storey deck collapsed during a party, sending six to hospital.

Seven people were on the third-storey deck when it gave way around 2 a.m. Saturday, falling onto a lower deck with five people on it.

"There was a social event going on at the time," said Nancy Redback of Halifax Regional Police.

Officers say they searched the property Saturday, and interviewed the owner of the home.

Redback said police are working with HRM building inspectors to determine what caused the accident.

Brendan Elliott, an HRM spokesman, said via email Sunday a review of the file should take place early this week, and

Quoted

"There was one guy who was screaming pretty bad."

Kyle Smith-Windsor, who lives behind the home

the municipality's "overall role" will depend on staff findings.

Five people were taken by ambulance to the QEII hospital, while another arrived separately a few hours later. Police described the injuries as serious but not life-threatening.

The injured people, four women and two men, are in their early 20s. Police say most were on the bottom deck during the collapse.

Early Saturday morning, the house was blocked off with yellow police tape. The collapsed deck was a pile of twisted and broken wood in the backyard, among a keg and beer cups.

One resident of the house, who declined to be interviewed, could be heard on his phone saying how lucky everyone



The backyard of a house on Brussels Street where a third-storey deck collapsed early Saturday. BRAEDON CLARK/FOR METRO

one was to avoid even more serious injury.

"I thought it was a firework at first," said Kyle Smith-Windsor, whose backyard connects to the yard where the incident

happened.

"Then I saw the whole street light up when the emergency vehicles got there," he said. "I heard people saying, 'Call 911 — is everyone OK?'"

All that was left on the third floor were pieces of what appeared to be rotten wood. The distance between the ground and deck was at least 20 feet.

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Anne of Green Gables popularity packs maiden flight from Japan

Direct from Narita to Halifax. Last episode of popular documentary series aired Saturday

BRAEDON CLARK
halifax@metronews.ca

A Japan Airlines Boeing 777 landed in Halifax on Saturday morning, the first time the airline has ever flown here.

The plane, which flew direct from Narita, carried nearly 250 tourists coming for a week-long tour of Atlantic Canada, including stops in Halifax, Cape Breton and Prince Edward Island.

The welcoming party included bagpipes, a Mountie and an actor dressed as Anne of Green Gables, the P.E.I. icon who is incredibly popular in Japan.

A popular documentary series called *Hanako to Anne* is one factor in why the chartered plane sold out.

The series follows the life of Hanako Muraoka, the first person to translate *Anne of Green Gables* into Japanese; the program finished airing on Saturday.

"It's been one of the most popular dramas ever aired there," said Robert Ferguson of Tourism P.E.I., who was on hand to welcome the visitors. "It's created an additional demand for people to come here."

Ferguson added that while Japanese tourists account for only a small percentage of the island's visitors, they represent an important market for the province.

"Japanese tourists tend to spend more money than the average tourist, so it's always nice to draw them to P.E.I.," he said.

Hideo Adachi, whose tour company Kintetsu International Express organized the visit, said he is already planning to charter a plane for next year as well.

"We bring between 1,000 and 2,000 people to this area every year at this time," Adachi said.

Adachi added that every seat on the plane sold out despite the lengthy 14-hour direct flight from Japan.



A Japanese tourist is offered a maple-flavoured candy as she arrives at Halifax Stanfield International Airport on Saturday. BRAEDON CLARK/FOR METRO

Free school gym program returns to HRM



Coun. Gloria McCluskey says there are many other places the Open Gym program could work. METRO FILE

Lawrencetown Beach

Man dead after canoe tips off Eastern Shore

RCMP in Nova Scotia say a man has died after his canoe tipped on the province's Eastern Shore. Officers were called

to Lawrencetown Beach around 8:45 a.m. Saturday following reports of an unconscious man.

RCMP say two off-duty volunteer firefighters pulled the man from the water after his boat tipped.

The 53-year-old man was taken to a nearby hospital but later died. His name has not been released. METRO

Dartmouth

Woman charged with stabbing boy near eye area

A 74-year-old woman is facing charges for allegedly stabbing a 15-year-old boy inside a Dartmouth home on Saturday.

really good start," said Coun. Darren Fisher. "I'm thrilled by it."

A city spokesperson explained that the program is a joint effort between HRM, the Halifax Regional School Board and the provincial Department of Health and Wellness.

Tiffany Chase said the school board and province help cover the cost of the weekend gym use through grants, and HRM provides municipal staff for supervision at each location.

She said the program launched in five schools as

Availability

The gyms are available on Saturdays from Sept. 27 to Nov. 29, 2014 and again from Jan. 3 to May 2, 2015.

- Visit Halifax.ca to see the schools taking part.

a pilot last year and is being repeated in the same five schools, with the addition of Duncan MacMillan High School in Sheet Harbour.

"There was enough inter-

est for the expansion to the rural area," said Chase.

Fisher and Coun. Gloria McCluskey, who each have a participating school in their districts, said increasing community access to free or low-cost recreation facilities has been a council priority for some time.

"It would have been nice to have Dartmouth High, where we have the lovely new gym, and there's so many other places," said McCluskey. "We'll have to work on more of it."

RUTH DAVENPORT/METRO

Hubley

Masked man robs pizzeria at knifepoint

No one was injured in an armed robbery at a pizza shop outside Halifax on Saturday night.

The RCMP say the rob-

bery happened just after 9:30 p.m. at Recardo's Pizzeria at 3899 St. Margarets Bay Rd. in Hubley.

Police say a masked man holding a knife demanded the woman working behind the counter hand over money from the register. He fled with an unknown amount of cash, according to a release. METRO

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Halifax couple's engagement ring saved by NYPD officers

Found. Local women thankful for cops who salvaged the ring

Quoted

"I'm sure they had other things to do that day."

Olivia Fader

It was supposed to be one of the most exciting moments of Olivia Fader's life; her girlfriend, Mal Zee, had proposed to her on New York's famous Brooklyn Bridge.

The Halifax couple, who have been together for about three years, were vacationing with friends in the Big Apple in August when things turned south.

What should have been a dream quickly turned into a nightmare when Zee dropped the ring and it fell between the bridge's wooden planks, landing on a platform at least 40 feet below.

"We had planned on put-

ting a lock on the bridge, so Mal had the ring attached to her lock," Fader recalled. "When she opened the lock the ring popped off and fell."

Fortunately the couple had stopped at a part of the bridge that had a platform below it, as opposed to just the East River.

"It was the craziest moment of my life, for sure," Fader said. "Mal fell to her hands and knees and was instantly devastated."

A friend who was looking for help for the women came across New York police officers Matthew Manley

and William DeFazio, who sprang into action, driving their squad car onto the bridge and climbing down to the platform below.

Manley recovered the ring and flashed a thumbs-up to a relieved Zee, who was understandably distraught over her mistake.

"Mal wasn't convinced we were going to get it back," Fader said.

Fortunately, the couple had come across two very helpful police officers.

"They really went out of their way to help us," Fader said.

Fader and Zee are planning to get married in August 2016, likely in the Annapolis Valley, where Zee is from. No matter what, the two will have an engagement story that's hard to top. **BRAEDON CLARK/FOR METRO**



Olivia Fader, centre left, and Mal Zee got engaged on the Brooklyn Bridge. NYPD officers Matthew Manley, left, and William DeFazio helped retrieve the engagement ring after it fell between the pathway planks. **CONTRIBUTED**



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Mature student charged after alleged knife threat of teacher

A 44-year-old student at the International Language Institute has been arrested after allegedly threatening a teacher with a knife.

Just before class was set to begin on Friday, and before any other students had arrived, the man is alleged to have approached the teacher and placed a knife on the desk between them. "Then he said something to the effect of, 'If you don't treat me well today, I might have to use this,'" said Chris Musial, marketing director at the Institute, which focuses on English language instruction.

The teacher was not injured and then ran from the classroom. By the time staff members arrived to investi-



The International Language Institute is housed in this building on Barrington Street.
BRAEDON CLARK/FOR METRO

tigate, the suspect had fled the building. The school was briefly put on lock-

down and the suspect was arrested at his residence at 10:30 a.m.

According to Musial, the suspect had been verbally aggressive to that teacher more than once.

"There were ongoing difficulties that came to a head today," Musial said. "There were incidents that left the teacher in tears."

The frightening incident stood in marked contrast to the quiet hallways of the institute, where students played ping-pong during their downtime just a couple of hours after the lockdown.

"In 31 years, we've never had anything remotely like this happen," Musial said.

BRAEDON CLARK/FOR METRO

The shooting happened around 6 p.m. Friday on Downey Road.

The RCMP say a man in his late teens or early 20s was walking with the victim — a 20-year-old woman — when a vehicle drove up beside them and several gunshots were fired.

The woman was shot in

the arm from the gunfire coming from the vehicle, while the man wasn't hurt.

Paramedics took the woman to hospital with non-life-threatening injuries.

There have been no arrests and police are asking for anyone with information to contact police.

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Off Sydney. Boat takes on water, escorted to safety

The Joint Rescue Co-ordination Centre says a fishing vessel began taking on water rapidly Saturday night off the coast of Nova Scotia, but it was eventually escorted to safety.

Officials say a Cormorant helicopter and Hercules aircraft were called to the ship, carrying three crewmen, about 150 kilometres east of Sydney when it began to take on water.

Maj. Martel Thompson says a fishing vessel that was in the area also responded and was

Rescued

3

The number of people aboard the ship.

able to pass a pump to the ship in distress.

Thompson says the fishing vessel was then able to pump out the excess water.

He says the boat was then safely escorted to Glace Bay.

THE CANADIAN PRESS

Northern Pulp

Tests show pulp mill's emissions still too high

Tests conducted last month at the Northern Pulp mill in Nova Scotia show the operation was still spewing emissions above legal limits, the province's Environment Department said Friday.

The tests were completed while the mill was operational Aug. 26 by consulting firm Stantec and submitted to the province within 30 days, as per a government compliance order issued in August.

The legally binding order gives the paper mill in Abercrombie Point near Pictou until May 30 to get its air quality emissions in line or face closure.

THE CANADIAN PRESS

Health costs

Law paves way for N.S. to sue tobacco firms

Nova Scotia's health minister says a law has been proclaimed that allows the provincial government to sue tobacco manufacturers to help recover health-care costs for illnesses related to tobacco use.

Leo Glavine says the Tobacco Damages and Health-care Costs Recovery Act allows the province to file such a lawsuit, which he says the government plans to do in the Nova Scotia Supreme Court before the end of the year.

Nova Scotia is one of six provinces in a consortium pursuing litigation against tobacco companies.

THE CANADIAN PRESS



NSGEU president Joan Jessome is shown in this file photo. METRO

Health reorganization: 'My vote, my union, my choice'

Public-sector unions vow fight. Hundreds rally in front of Province House

Leaders of Nova Scotia's public sector unions vowed Friday to fight a bill that would change the collective bargaining process for health-care workers, saying such legislation would be an attack on their labour rights.

Rick Clarke, president of the Nova Scotia Federation of Labour, said the unions were blindsided by the Liberal government after it unilaterally decided to make the changes following a

summer of negotiation.

"My mother had brought me up never to call anybody a liar, but I have never been misled by a group of people as severely as we have been by these folks," Clarke said on the steps of the legislature.

He was cheered by about 100 supporters who, at one point during proceedings, broke into a chant of "My vote, my union, my choice."

Joan Jessome, whose Nova Scotia Government and General Employees Union represents most of the health-care workers that would be affected by the legislation, said there was no way the unions would bargain away the rights of their membership.

"NSGEU has 14,000

More to come?

Following the rally, Rick Clarke said the unions will discuss their options over the coming days, including the possibility of further legal action.

health-care workers impacted by these decisions," said Jessome. "There is no way in good conscience I could sit down and negotiate away benefits for members and they have no say."

The unions said they want to form a bargaining association to avoid splintering their members in contract negotiations.

But Premier Stephen McNeil said that proposal still leaves far too many bargaining units to deal with, adding the collective bargaining process needs to be streamlined so that the government isn't perpetually negotiating contracts.

"What they brought to us, in my view, was the status quo," McNeil said.

He also said the unions should wait to see the legislation when it is introduced Monday, before arriving at conclusions.

"I'm not sure how they feel they've been misled," he said. "The piece of legislation will reflect what was talked about with them."

THE CANADIAN PRESS

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Music, laughter great medicines for Arden

A 'Joan Rivers' approach to humour.

Popular Canadian singer-songwriter ending cross-Canada tour in Halifax

JENNA CONTER
halifax@metronews.ca

Laughter is said to be the best medicine and when combined with the music of multi-Juno award winner Jann Arden, it's the ultimate antidote.

Taking to the Scotiabank Centre stage Tuesday night for the last stop along her Everything Almost tour, Arden intends to end with a treat befitting her love for her dedicated Halifax audience.

"Well, we're all going to be naked, so that'll be interesting."

With Arden you get what you see — a formula she sticks to as she continues to make waves in the music industry.

Part in parcel comes her legendary sense of humour, a welcomed trademark whether she be on stage or screen.

Proudly taking "the Joan

Rivers" approach to humour, Arden believes there is never an inappropriate time to laugh. A part of grieving or dealing with stress, it's a rare form of relief that, for her, juxtaposes nicely with the somewhat harsher tones in her music.

Not for nothing, it hasn't always been the easiest road for Arden. As with any artist, success is truly appreciated only when it's achieved after some hardships.

This layer of emotional struggle continues to make Arden one of the most relatable songwriters working today.

"It was very tough at times, but adversity makes people interesting, adversity makes people worth knowing," she said. "I never want to know anyone that has never been broken; they're not interesting to me or worth spending time with at a party."

Though adversity inspires, diversity has been the name of the game for Arden. She has appeared on a collection of television shows such as Top Chef Canada, Corner Gas, and even did her own stunts on The Mercer Report.

"As far as hosting things

Information

- Who: Jann Arden
- Where: Scotiabank Centre
- When: Tuesday, 7:30 p.m.
- Tickets: Cost \$64.75 and available through ticketatlantic.com

or doing television, I just like doing them and I think more people should do stuff that they like," she said. "It doesn't mean I'm good at them at all — but I'm like, 'Sure, why not? I'll try it!' Not like they're paying me millions of dollars to jump off things with Rick Mercer, trust me, but I just enjoy it."

Arden has been moving west to east over the past five weeks, happy to end her tour in Halifax.

"I think it'll be bittersweet," she said.

"It's always amazing going across the country, with Halifax being one of my favourite stops because I have a great history in Halifax and it's such a good place for me to play my music."



Jann Arden is set to perform in Halifax on Tuesday for the first time in several years. CONTRIBUTED

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HALIFAX
TRANSIT

Magnotta murder trial begins

Notorious. 32-year-old has pleaded not guilty in the gruesome slaying of 33-year-old student Jun Lin in 2012

The trial in one of Canada's most publicized and shocking criminal cases is set to begin Monday with evidence being heard in the proceedings against alleged murderer Luka Rocco Magnotta.

Magnotta, 32, has pleaded not guilty to five charges in connection with the slaying and dismemberment of Chinese engineering student Jun Lin in May 2012.

The charges are: First-degree murder; committing an indignity to a body; publishing obscene material; criminally harassing Prime Minister

Stephen Harper and other members of Parliament; and mailing obscene and indecent material.

Trial judge Guy Cournoyer questioned potential jurors earlier this month about whether they could stomach evidence that could be considered gruesome, graphic and possibly upsetting.

Fourteen bilingual jurors will hear the case. They will receive instructions from Cournoyer before prosecutor Louis Bouthillier begins presenting the Crown's arguments.

The investigation was launched after the discovery of a human torso stuffed in trash behind a Montreal apartment building in May 2012. Body parts then began surfacing in different regions of Canada — first at a federal political office in Ottawa and, later, at two British Col-



Luka Rocco Magnotta is taken by police from a Canadian military plane to a waiting van in 2012 in Mirabel, Que. Magnotta has pleaded not guilty to first-degree murder and other charges in the dismemberment and slaying of Jun Lin in May 2012. Magnotta's trial is set to begin on Monday. THE CANADIAN PRESS

umbria schools.

A video that purportedly depicted a slaying was posted

online around the same time and was linked by Montreal police to the discovery of the

body parts. Bouthillier has said up to 60 Crown witnesses could

be heard at the trial, which is expected to last between six and eight weeks. Some Europeans could be called to testify.

The trial is likely to lure plenty of curious onlookers. During the preliminary hearing, the case attracted criminology students, legal junkies and even a handful of people who appeared to support Magnotta.

Diran Lin has attended several days of proceedings and has said he hopes to see justice for his son.

Jun Lin, 33, had been living in Canada only since 2011, realizing a long-standing dream by coming to Montreal. His family said in April 2013 that Lin had a comfortable life working in IT at Microsoft's Beijing office, but had sought a move to Canada to study and to improve his life. THE CANADIAN PRESS

Ford: 'Bigger and badder' cancer no match for me



Toronto Mayor Rob Ford is embraced by his brother Doug, daughter Stephanie and son Doug at Ford Fest in Toronto on Saturday. CHRIS YOUNG/THE CANADIAN PRESS

A defiant Toronto Mayor Rob Ford returned to the public spotlight Saturday, talking tough about his cancer by saying he'd take it "out the back" and get rid of it like he did his substance abuse problems.

Ford mounted a stage at his family's annual barbecue party and told a crowd of hundreds that he was going to triumph over his latest struggle just as he tackled substance abuse during a stint in rehab that ended three months back.

"I had a guy I was looking in the mirror every morning and saying, 'You know what? I can't beat this guy.' Wherever I went, that guy was there, and he was beating me every time. So you know what? I took that guy out the back, and I took care of him," Ford said, his voice sounding hoarse at times.

"A couple weeks ago, the doctor came up to me ... He says, 'We got someone bigger and badder than that,' and I said, 'Who's that guy?' And he

said, 'Cancer,'" Ford said.

"I said, 'You know what? Go tell cancer that I'm going to put him where I put that guy in the mirror three months ago."

Saturday's party came exactly one month before the election, and though the crowd's spirits were high, the ailing mayor's health loomed large.

Supporter Leo Robinson said that even if Ford was battling cancer, he shouldn't quit politics but rather keep at it and stand up for the little guys.

"He's for the people. And once you're for the people, at the end of the day, whether you're here or not, you're still going to be fighting for the people," Robinson said.

Ford gave heartfelt thanks to his supporters, known in Toronto as "Ford Nation."

"Every single person has had personal problems in life," he said. "You find out who your real friends are and Ford Nation has never wavered one iota."

THE CANADIAN PRESS

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Volcano in Japan kills more than 30

Mount Ontake.

First fatal disaster in modern times at popular climbing spot

Reaching the ash-covered summit of a still-erupting volcano in central Japan, rescue workers made a grim discovery Sunday: 31 apparently dead people, some buried in knee-deep ash.

Four victims were brought down and confirmed dead, one day after Mount Ontake's big initial eruption, said Takehiko Furukoshi, a Nagano prefecture crisis-management official. The 27 others were listed as having heart and lung failure, the customary way for Japanese authorities to describe a body until police doctors can examine it.

Officials provided no de-

tails on how they may have died.

It was the first fatal eruption in modern times at 3,067-metre Mount Ontake, a popular climbing destination about 210 kilometres west of Tokyo on the main Japanese island of Honshu. A similar eruption occurred in 1979, but no one died.

Rescue helicopters hovered over ash-covered mountain lodges and vast landscapes that looked a ghostly grey, like the surface of the moon, devoid of nearly all colour but the bright orange of rescue workers' jump-suits.

Japanese media reported that some of the bodies were found in a lodge near the summit and that others were buried in ash up to 50 centimetres deep. Police said only two of the four confirmed dead had been identified.

THE ASSOCIATED PRESS



Firefighters advance to rescue climbers near the peak of Mount Ontake in central Japan, Sunday. Mount Ontake erupted shortly before noon Saturday, spewing large white plumes of gas and ash high into the sky and blanketing the surrounding area in ash. Rescue workers on Sunday found more than 30 people unconscious and believed to be dead near the peak of the volcano, a Japanese police official said. KYODO NEWS/THE ASSOCIATED PRESS

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Hong Kong. Police use tear gas to disperse pro-democracy protesters

Hong Kong police blasted pro-democracy protesters with tear gas and used vans with flashing lights Sunday night, in renewed efforts overnight to force demonstrators from streets near the government headquarters.

Monday, the city's top leader urged protesters to go home.

Hong Kong's top leader, Chief Executive Leung Chun-ying, reassured the public that rumours the Chinese army might intervene were untrue.

"I hope the public will keep calm. Don't be misled by the rumours. Police will strive to maintain social order, including ensuring smooth traffic and ensuring the public safety," said the Beijing-backed Leung, who is deeply unpopular. He added, "When they carry out their duties, they will use their maximum discretion."

As sit-ins spread to other areas of Hong Kong in the strongest challenge yet to Beijing's decision to limit democratic reforms for the semi-autonomous city, Leung urged everyone to go home and avoid



causing trouble.

"We don't want Hong Kong to be messy," Leung said as he read a statement aloud early Monday on TV.

After spending hours holding protesters at bay, police lobbed canisters of tear gas into the crowd on Sunday evening. The searing fumes sent demonstrators fleeing, though many came right back to continue their protest. The government said 26 people were taken to hospitals; some carried away on stretchers. THE ASSOCIATED PRESS

Air France. Pilots' union ends 14-day strike action

Air France's leading pilots' union on Sunday announced an end to a 14-day strike that grounded roughly half of the airline's flights, stranded passengers worldwide and led to stern shows of frustration by the French prime minister.

After a late-night, 15-hour negotiating session with management, leaders of the SNPL pilot union walked away with no accord, but with the realization that the strike "is not an end in itself," said union spokesman Antoine Amar. The union was "taking up its responsibilities" and ending the walkout so that service

can now resume and negotiations can continue peacefully, he said.

Air France, in a statement, said that service would start returning to normal on Tuesday — meaning that flights already cancelled between now and then won't be reinstated.

At the centre of the stand-off are Air France's ambitions to develop a low-cost affiliate, Transavia. The pilots' union started the strike out of concern that management was looking for a way to outsource jobs to countries with lower taxes and labour costs.

THE ASSOCIATED PRESS



A pilot and Air France workers gather in front of the company headquarters as they demonstrate against the pilots' strike in Roissy, outside Paris, Wednesday. Slogans read "No to This Strike." CHRISTOPHE ENA/THE ASSOCIATED PRESS

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Brand trials, triumphs and tribulations



HOW
TO ROLL
Alison Griffiths
metronews.ca

September is often the best month for weather but the worst historically on the stock market. Not this year. Still, the thumbs had a lot to choose from in the September business and investing roundup.

Thumbs down:

Tim Hortons married Wendy's in 1995. That alliance was entirely one-sided with Tim's propelling up a failing fast-food business. Now there's a second marriage to Burger King. But wait — the matchmaker behind the union is actually 3G Capital of Brazil, which owns the home of the Whopper.



The 3G merger machine loves buying winners then getting out the corporate scissors to cut, cut, cut to boost profits. 3G Capital, by the way, was responsible for the closure of the Heinz factory in Leamington, Ont.

The 3G knives have already been slashing at Burger King's operations, axing huge numbers of head-office jobs and dumping company-owned stores. Soon, that bit of fresh lettuce and tomato on your Tim's breakfast sandwich may be history.

Thumbs down:

Could American Apparel make things any worse for its brand image? Oh yes, it could.

The hip clothing retailer fired its foot-in-mouth founder, Dov Charney, in June over alleged sexual harassment. Then, just to prove that the company does not condone the objectification of women

or girls, it launched a back-to-school campaign with Lolita.

Come again? There's nothing like a photo of a mini-skirted, supposed schoolgirl bending over showing her undies and bottom cheeks to demonstrate that the company is serious about treating us gals in a respectful way.

The ad was promptly banned in British publications.

Thumbs up:

The 40 thieves did not accompany Chinese e-commerce giant Alibaba to the big board when its initial public offering (IPO) debuted on Wall Street 10 days ago. Instead,

a good deal of fairy dust was flung about as the IPO hit the record books as



Compare and contrast

Is Canada selling or buying?

- \$428 billion: The value of Canadian companies sold to foreign interests from 2004 to 2013.
- \$575 billion: The value of foreign companies purchased by Canadians.

the all-time biggest, raising \$25 billion.

Tech investors are still smarting over Facebook's sad-sack launch in 2012.

In contrast, Alibaba's lift-off has been a breath of fresh IPO air.

While there are still worries about how real the company's figures are, there's no question that Alibaba has actual revenues and profits. Whew!

Shanghai

China lifts curbs on foreign investment

China announced Sunday the lifting of restrictions on foreign investment for several industries, from green tea to civil airplane engines, in a special free-trade zone in the business hub of Shanghai.

The new rules affect 27 industries, also including automobiles and infrastructure, and are a mix of concessions over rules that apply elsewhere in China.

THE ASSOCIATED PRESS

Detroit. Emergency manager drawing closer to unemployment

Kevyn Orr's success in shepherding Detroit through its historic bankruptcy will leave him unemployed, at least temporarily, when and if his task in the Motor City is complete.

The turnaround expert who helped Chrysler through its 2009 Chapter 11 restructuring says he has given no thought to what he will do once Detroit's bankruptcy trial ends.

"I will talk to no one about a potential job until I'm done here," Orr said minutes after signing an order Thursday relinquishing most of the power he's had for the past year and a half as the state-appointed emergency manager back to the mayor and city council. "I'll be truly unemployed — hopefully in a couple of weeks."

THE ASSOCIATED PRESS

TOP SIX @ 6
Weeknights at 6 Jillian counts down the HOTTEST songs of the day

6	Nicki Minaj Anaconda
5	Jeremih ft. YG Don't Tell 'em
4	Shawn Mendes Life of The Party
3	Iggy Azalea ft. Rita Ora Black Widow
2	Taylor Swift Shake It Off
1	Megan Trainor All About That Bass

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JAR

WILL DOCTORS' ORG GET LOUSY TREATMENT, TOO?

On Thursday, in the warm afterglow of a Throne speech that zeroed in on “unsustainable (public-sector) wage increases” and promised a “hiring slowdown and steps to achieve a more sustainable wage pattern,” Health Minister Leo Glavine was clear as glass.

Premier Stephen McNeil’s government had had it up to here with recalcitrant health-care unions. The unions had come up with a proposal for a collective bargaining process for the newly merged, streamlined, one-size-fits-all provincial health authority, and the government had flatly rejected it. The time for talk was past before it began.

“We will identify who will represent nurses, who will represent technologists, clerical and administration,” Glavine told reporters precisely.

Legislation would be introduced during Monday night’s legislature session.



URBAN COMPASS
Stephen Kimber

halifax@metronews.ca

Less than 24 hours later—in the aftermath of the first cold bath of what promised to be many protests at Province House—Glavine was back at the microphone.

He had, he now said, misspoke himself. What he meant to say, he said instead, was that he would introduce legislation to reduce the number of contracts from 50 down to four. The legislation would lay out a process to get to that point, leaving it up to a mediator to determine which unions get to represent which workers for which contracts.

Un-obfuscated... the workers may still not get to choose which union will represent them, but the government is now doing its PR best not to be the one to say so.

The government’s goal hasn’t really changed. Despite McNeil’s assurance he is “not at all going to war with organized labour,” he wants to declaw the Nova Scotia Government Employees’ Union and undermine its president, Joan Jessome. What better way than

In other words

Un-obfuscated... the workers may still not get to choose which union will represent them, but the government is now doing its PR best not to be the one to say so.

to shuffle the 3,500 metro nurses and licensed practical nurses currently represented by the NSGEU—more than 10 per cent of its membership—off to the Nova Scotia Nurses’ Union?

Watch for it.

We’ll also see soon enough if the government’s eagerness to confront in the name of fiscal responsibility extends to the group that accounts for the single largest health care cost—the \$800 million a year we spend on doctors’ services. The province’s contract with Doctors Nova Scotia expires in March 2015.

Hold your breath.

Pride protected



A gay activist holds a rainbow flag as he stands in front of Serbian riot police during a pride march in Belgrade Sunday. Thousands of police officers were deployed in an effort to protect the march that faced threats of attacks. MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

Serbia holds first pride march in four years

Waving rainbow-coloured flags, several hundred gay activists proceeded undisturbed through downtown Belgrade on Sunday thanks to the protection of thousands of riot police.

Skirmishes were reported between small groups of

extremists and police during and after the march, with soccer hooligans attacking liberal B-92 radio and TV station with flares and smoke bombs. Two policemen were injured, the station said. Also, the hooligans set one public bus on fire with flares, according to police.

Belgrade Mayor Siniša Mali

joined the march together with several foreign diplomats and party leaders.

Officials allowed Sunday’s event, despite fears of a repeat of the violence in 2010 when right-wing groups attacked a pride march in Belgrade, triggering clashes with police that left more than 100 people injured. THE ASSOCIATED PRESS

Symbolic

The march advanced for several hundred metres through empty streets where shops were closed and public transport was stopped. Still, it was important symbolically as a rare public event.



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 14 in Scene and page 20 in Sports.

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Soundtrack

Former child soldier, actor to release album

The Good Lie star Emmanuel Jal is set to launch his fifth studio album *The Key* on Oct. 9th at Toronto's Tatttoo Queen West.

Jal will be world premiering songs from his new 13-track album — which includes collaborations with Nelly Furtado.

Recorded in Kenya, Uganda, London, New York, Connecticut and Toronto, *The Key* seamlessly blends traditional African music with contemporary urban, hip hop and global pop music rhythms, while incorporating EDM, reggae/dub, soul and Afro beat elements.

Two songs from *The Key* (Scars and We Fall) are featured on *The Good Lie* soundtrack, a film that Jal co-stars in alongside Reese Witherspoon, and that premiered at TIFF (Toronto International Film Fest) in early September.

Jal has collaborated with and performed alongside numerous big acts including Peter Gabriel, Alicia Keys and Joss Stone, and had the honour of performing at the late Nelson Mandela's 90th birthday celebration in London. He has been featured on CNN, Time, USA Today, MTV, BBC, New York Times, Rolling Stone, NPR, Huffington Post, CBC (Strombo's The Hour, Q with Jian Ghomeshi), CTV's Canada AM and most recently appeared on the season premiere of *The Queen Latifah Show* on Sept. 15, where he got the Queen herself to dance to his buzzy Afro beat song *Dusu*, which appears on *The Key*.

METRO NEWS

Story of lost boys of Sudan a wrenching tale of humanity

The Good Lie. Actors have a special tie to true tale of child soldiers who escaped to settle in Kansas City — it was their own

AUSTEN GILLILAND
scene@metronews.ca

A seemingly endless line of children trails across the horizon. Orphaned by civil war, they're walking — they hope — to safety. But they have hundreds of miles to go, and no guarantees of what they'll find along the way.

It's a scene from new movie *The Good Lie*, but it's far from fiction.

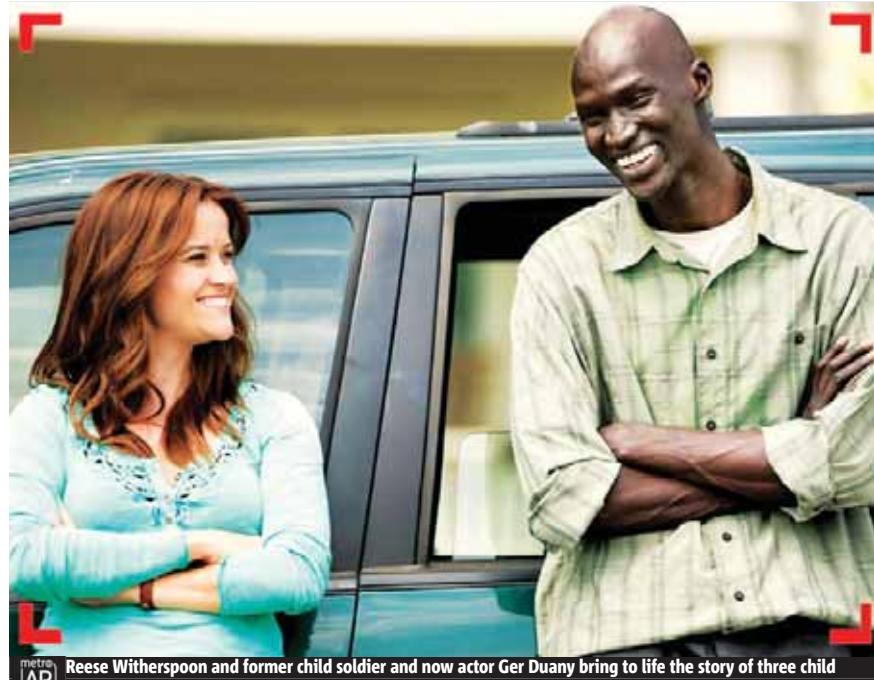
"I feel like it's my story being told on the big screen," said actor Emmanuel Jal.

"Emmanuel and I carried AK-47s just to live, before we even knew how to read and write," said actor Ger Duany.

Jal was born into the life of a child soldier; Duany was forcefully recruited. Eventually, they both joined the thousands of orphans who fled the brutal civil war that broke out in Sudan in 1983. Walking for months in search of sanctuary, those children became known as the "lost boys."

Those who survived the journey ended up in refugee camps in neighbouring Kenya and Ethiopia. About 3,600 of them were eventually relocated to the United States.

Jal and Duany, along with fellow Sudanese actors Arnold Oceng and Kuoth Wiel, bring the story of the lost boys (and



Reese Witherspoon and former child soldier and now actor Ger Duany bring to life the story of three child soldiers from Sudan in *The Good Lie*. Scan this photo with your Metro News app to see the trailer. CONTRIBUTED

girls) to life in *The Good Lie*. The movie traces the journey of four young Sudanese refugees as they flee the war, living first in a refugee camp and then ending up in truly unfamiliar territory: Kansas City, Mo.

Although life in the refugee camps was an improvement over life on the run, it still wasn't easy. "There was no electricity, no running water," said Duany. And the lucky few who made it to America faced a new set of challenges.

"Everything was new when we came here," said Duany.

Everything — from drinking straws, to light switches to toilets — was a mystery. The

moments of discovery provide a bit of lighthearted relief in the movie, as the refugees gradually find their feet with the help of a no-nonsense employment counsellor played by Reese Witherspoon. Although Jal and Duany believe the story of the lost boys is an important one to tell, revisiting the past wasn't easy. Duany had hoped for years to act in a film depicting the struggles of Sudan's lost boys, but when the chance finally came, "I read the script and I collapsed. I threw it away, and I went to the bathroom to cry," he said. "I never thought this story would be told."

But it's worth it, he says.

"This was horrible, it happened a long time ago, but we want to tell this story now," he said. "Because there is another story coming."

Jal agrees. "This film is not just about the lost boys," he said. "This is about humanity."

As well as raising awareness about the plight of Sudanese refugees, the actors hope the film will help raise funds to support the humanitarian and educational needs of the lost boys. Find out more about the Good Lie Fund at thegoodliefund.org.

The Good Lie opens in Toronto on Oct. 3, and across Canada on Oct. 24.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Lawrence finds Coldplay gigs are better than counting sheep



STARAZING
Malene Arpe
scene@metronews.ca

Jennifer Lawrence keeps turning up at boyfriend Chris Martin's Coldplay concerts. Lesson learned: If you find a cure for insomnia that works, you just stick to it.

James Blunt got married this past week. Whatever. Sure. OK.

This week in celebrity activism: 1. Emma Watson delivers a passionate speech on gender equality at the UN. 2. Leonardo DiCaprio, Mark Ruffalo,

Sting, Edward Norton and Evangeline Lilly participate in climate change marches. 3. Joseph Gordon-Levitt launches a project, inviting people to tell him what feminism means to them. 4. Matt Damon speaks at the Clinton Initiative. 5. Kim Kardashian posts a picture of Kanye West ("#MyFineAssHusband") and campaigns for a guest spot on Downton Abbey.

Jeremy Renner reveals he got married. Too bad. He's kinda hot.

Eleven months after their split, Kris Jenner and Bruce Jenner are getting divorced. They've already split everything right down the middle: Kris gets the money and the houses and Bruce gets away.

Tom Hardy secretly married Charlotte Riley more than two months ago. Nooooooooooooo.

Twitter



@officialjaden
Hate Me Love Me Doesn't Matter
I'm Still Occupying Time Inside Of Your Psyche.



@thandienewton
Just met one of my heroines the great Chrissie Hynde #swoon

• • • •



@joelmcchale
Whoever used the urinal before me was either very nervous or blindfolded, or nervous & blindfolded.

• • • •



George Clooney and his wife Amal Alamuddin. LUCA BRUNO/THE ASSOCIATED PRESS

With Clooney gone, is next top bachelor Leo or Pauley?

George Clooney went and got himself hitched this weekend. So that means one thing: We need to hurry up and find Hollywood's Next Most Eligible Bachelor.

It's a tough act to follow, to be sure, but someone out there has to be at least nearly as adept at being rakish and charming, looking great in a tux and squiring a stream of enviable girlfriends while avoiding marriage.

So, ladies, who is the new reigning king of single Hollywood? The smart money is on the ever-debonair Comedy Store heir Pauley Shore, who oozes confidence and sophistication. (Although Shore has some serious competition in A-list gala circuit fixture David Spade.) But our money is on Ryan Seacrest. Is that

guy ever going to meet the right girl and settle down?

The real answer is noted environmentalist, serious actor type and serial model defiler Leonardo DiCaprio — which is a bit awkward, since Clooney isn't such a fan of the Great Gatsby star.



Zayn Malik of One Direction. GETTY IMAGES

One Direction terrorist joke goes south for Daily Show

The folks at The Daily Show with Jon Stewart have learned not to kick the hornet's nest that is One Direction fandom. Fans lit up Twitter with the hashtag #thedailyshowgonetooafar after Jessica Williams mentioned the group in a joke.

"Just as you were talking, a new terrorist group formed with one member each from ISIS, al-Nusra, al-Qaeda, Hamas, One Direction, and the Zetas drug cartel," she

reported during the show.

Fans immediately assumed the show's writers were poking fun at Muslim group member Zayn Malik.

Some of the more choice responses included: "Don't try joking with our boys, because we are Directioners and we are mafia," "I suggest you take 8,381 steps back before I actually kill you" and "It's not funny to make jokes about terrorism in the first place."



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"A career at Admiral allows me time to master my downward dog."

—Adrienne

Sheen fires bodyguard, shocks pals

It's been a while since Charlie Sheen has gone off the deep end, but he seems to be making sure he'll have no one to help him out the next time he does.

Sheen has reportedly fired longtime bodyguard Gil Peled, in a move similar to his firing last year of his manager, publicist and lawyer, reports Radar Online.

Peled "had been with Charlie through the good and the bad, including his many tumultuous melt-downs," a source says. "For him to be abruptly fired was just shocking to Charlie's friends."

Buckle up, everybody!

3 LIFE

Pick a destination to keep your financial plan on track

Where are you going? Your financial planning journey starts with a goal



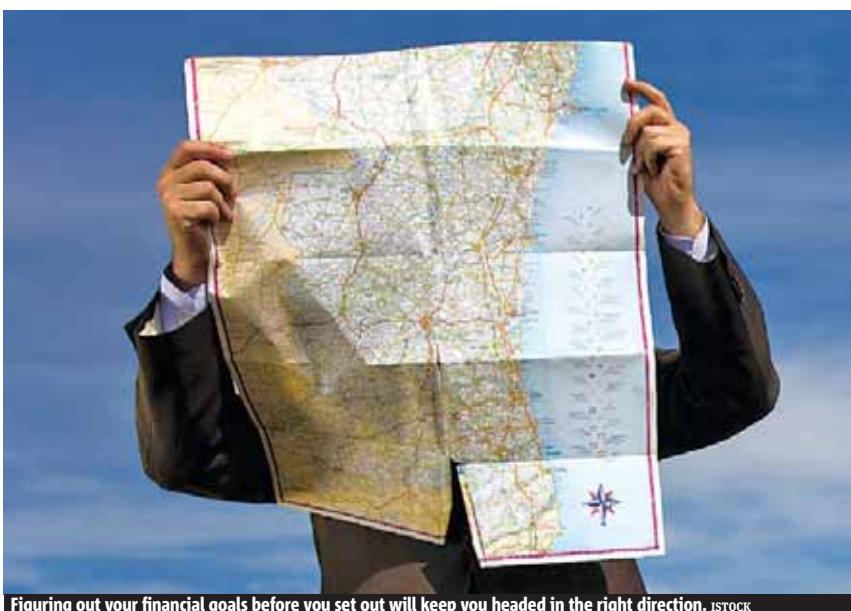
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Imagine that your best friend has invited you to stay at her cottage. She tells you it's "up north." That's it, no more info. That's how most people treat the management of their money. The destination is vague and they have no idea which way to go. I want you to think of a financial plan as a GPS device for your financial life. But before you can head off, you at least need to know where you want to end up!

While you have to know where you're headed to lay down a trip plan, if you change your mind, or if something throws you off track, you don't just stop or wander around aimlessly. Just as with a GPS, you recalculate your route. You figure out what you want to do next and head off.

To have the life you want, you need to know where you're going. This isn't about casting your life plan in concrete. It's about having a sense of your destination and some good directions. You need to put an address in your GPS before you can get started. That address is your goal.

You can have loads of dreams and just as many goals, but you can't possibly do them all at once. Time to prioritize.



Figuring out your financial goals before you set out will keep you headed in the right direction. iSTOCK

When you make your goals, identify what the most important thing on your list is. Label it No. 1. That's the thing you'll put the majority of your effort towards.

You can work towards more than one goal at a time, but you need to prioritize. No, you can't buy a house, have a baby and go back to school all at the same time. What's your Goal No. 1? Where do the others fit into your plans? Label whatever else you're working on as No. 2, No. 3, and so on.

Those goals have to be very specific. Be clear about what you want. Want to buy a home? What kind of house? Semi, condo, or fully detached? In the city? In the country? For how much? For

\$175K, \$350K, \$1.2 million? Since, as I have been heard to say about a bazillion times, "a goal without a deadline is a dream," you have to add some dates.

Do you want to buy that home in two, three or five years? Again, the timeline isn't cast in concrete, but having it means you're serious about your focus.

Some goals have a short-term timeline, like saving for your sister's wedding. Some goals are medium-term, like putting together the down payment on a home. Some are long-term, like saving for retirement.

Patience and tenacity will get you where you want to go. Baby steps or great big leaps,

you'll move at a different pace on different goals depending on what else is going on in your life. What's important is to keep moving forward.

If you've got kids who are babies, don't ignore the educational savings plan. Putting just a little away each month puts momentum on your side. It doesn't have to be a ton to start. But you have to start. It's the same with balancing debt repayment and savings. You can't just focus on your arrival time when you're heading to your destination, you have to watch road conditions and monitor your speed.

You want to get your student debt paid off. Great. You've got \$31,000 worth of debt, and you want it gone in

Chart your milestones

Your financial plan tells you how far you have to go. It reassures you that you're making progress.

- When it comes to a goal, you have to find a way to visualize the progress you're making.
- Whether you create a chart with the milestones to your goal highlighted, or you create a vision board on which you can plot each step you've taken, track your progress.
- That'll help you moving towards your destination.

24 months. Really? The principal alone will cost you \$1,292 a month from your cash flow? Is that realistic? There's no point in setting goals you can't achieve. It's better to be realistic about your destination and when you plan to get there.

Don't expect things to go smoothly the whole way. C'mon, you know life isn't like that! You've got to be prepared to adjust your plan.

Halfway to your destination, a roadblock can send you miles off course. Don't give up. Show some backbone. Recalculate your journey and get moving. If you're determined, you'll get there. There may be some bumps and jolts along the way, but you'll get there.

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My seat-mate cycles, then sits, then stinks

Dear Metro,

There's a guy at my office who bikes to work in the morning then stinks all day. Our colleagues talk about his smell behind his back, which seems mean — other than the body odour, he's a great person. What's the best way to let him in on the issue without embarrassing him?

— No Mo' B.O.



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear NMBO,

Firstly, kudos for staying out of the gossip. Let your associates nurse their precious olfactory glands without you. While it can be unpleasant, B.O. doesn't have to be a big deal.

That said, your colleague smells and he deserves to know the truth, especially if it's affecting his reputation around the office. Under the



If there's an odour overtaking the office, the stinky source will likely respond more readily to a soft hint rather than a pee-yew protest. ISTOCK

appropriate circumstances, a private, one-on-one conversation is probably your best approach. If you're close with this co-worker—for example, if he's one of your top office buds—bring it up in a relaxed way next

time you're grabbing coffee or lunch together. "Hey, you might want to double up on that deodorant after your morning commute," you could say, adding that a hefty bike ride will have even the daintiest of clean

freaks smelling ripe.

In cases where face-to-face is too awkward — or just too plain smelly — you could also address it with a frank but polite email.

This spares him the discomfort of having to

face you when he realizes it's him, not that science project in the back of the fridge, that's stinking up the office kitchen. Whatever words you choose, keep your note kind and casual. And you don't need

to tell him his pits are the talk of the water cooler.

If you're not comfortable with a direct B.O.-vention, there are likely people at your workplace who are trained to have these types of conversations. Your HR department or managerial staff can address the issue from an administrative perspective, getting to the point without making it personal.

Keep in mind that body odour is caused by many factors, several of them health-related. If there's any chance your colleague's issues go beyond poor post-bike hygiene, leave the discussion to those responsible for sensitive workplace affairs. Otherwise, you might find yourself the subject of an HR complaint of your own.

And if all else fails, crack a window or subtly spritz some Febreze around.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Lessons from the desert

When things go awry, one must make do on the fly

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.



LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

Competing in the Chilean Atacama Crossing, my first team-based extreme ultramarathon, I learned the benefit of rapidly switching strategies.

In that event, each member of our team of three was required to run 250 kilometres, remaining within 10 metres of one another at all times



Going to war when your team isn't winning wastes time and energy. Focus that fervour on perfecting a new plan of action. ISTOCK

Twenty minutes into the race, we realized our team wasn't evenly matched — which meant we risked losing everything. We had an impromptu meeting while running to clear the air of each member's emotions: fury, resentment, and embarrassment. After a colourful exchange, the conversation shifted to strategy. Now last in the team category, we agreed our fastest would lead us out, while our strongest would dedicate their race to the weak member. Basically, for every uphill or section where we struggled, our weakest member was either pulled by the hand or pushed on their back.

Four hours later on that long first-day stage, the lead team was in sight, initiating a long uphill climb.

Never expecting to see them, we were gifted with a surge of adrenaline. With

three kilometres to go, pushing our weak teammate uphill, we passed them, narrowly winning by two minutes. We kept the strategy going for five more marathons and crossed the finish line hours ahead of the second-place team.

In team-based competitions or projects, when a team member can neither fulfil their role nor be replaced, everyone has to improvise in real time and willingly commit to a new role to benefit the team.

In the heat of the moment when I realized we hadn't all prepared equally, I remember being furious.

Yet, when we crossed the finish line hours later, I felt only gratitude for having played my role in a great team victory.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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Fall for this light, seasonal dish

Trout with Pears, Pistachio and Dried Apricot Salsa. Before you dig into stews, try this healthy fish dinner



ROSE REISMAN
For more, visit rosereisman.com or follow her on Twitter @rosereisman

Barbecue season has mostly come to an end and now it's back to the oven. Baking a delicious fish entrée is a great way to start off the fall with healthier eating habits.

Lake trout has a pink tone with a light and flaky texture. It has a mild flavour and is a lean fish that's filled with omega-3 fatty acids, which reduce heart disease, high blood pressure, high blood cholesterol and certain cancers.

It's also approved as a safe fish to eat in reference to contaminants.

FLASH FOOD



From your fridge to your table in 30 minutes or less

The salsa topping brings out the flavour of the trout.

The combination of sweet pears, apricots and pistachios is perfect with this light-tasting fish.

You can also use ripe pears to replace the apples and substitute tilapia, basa, or pickerel for the trout.

Directions

1. For the salsa, lightly coat a small, nonstick skillet with cooking spray and set over medium heat. Add the pear, brown sugar and cinnamon. Sauté for about 3 minutes or until the pear is softened and begins to caramelize. Place in a small mixing bowl.

2. Add the dried apricots, onion, red pepper, pistachio nuts, olive oil, lemon juice, maple

Ingredients

Salsa

- 1 large ripe pear, peeled, cored and diced
- 1 tbsp brown sugar
- 1/2 tsp cinnamon
- 2/3 cup finely chopped dried apricots
- 1/3 cup finely chopped red onion
- 1/3 cup finely chopped roasted red pepper
- 1/4 cup chopped toasted pistachio nuts
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp maple syrup
- 1/2 tsp finely chopped garlic

Fish

- 1 1/2 lb lake or salmon trout
- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 3 tbsp chopped fresh mint

syrup and garlic. Stir to combine and set aside.

3. Dust fish with flour. Coat nonstick skillet with cooking spray, add the oil and sauté fish



This recipe serves six. ROSE REISMAN

8 minutes or just until cooked, turning halfway through.

4. Place the fish on a serving platter, spoon the salsa over the fish and garnish with mint.

WELCOME HOME

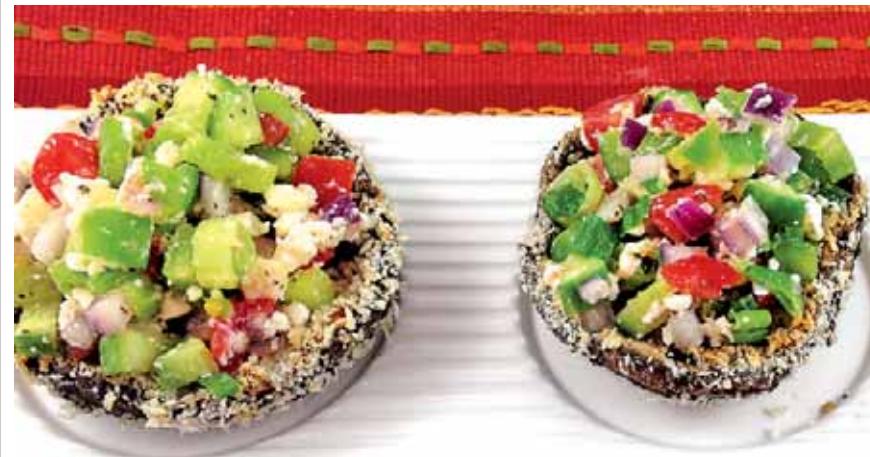
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Tuesday, September 30, 2014
9:00am - 11:00am



© Tim Hortons, 2013

This Greek Salad gets stuffed



This Portobello Mushrooms with Greek Filling recipe serves six. ROSE REISMAN

If you love Portobello mushrooms, this makes a great side or vegetable dish. I like to serve the stuffed mushroom at room temperature. This is a unique way of serving a Greek salad.

sheet and spray with vegetable oil. Bake for 15 minutes just until tender and browned.

3. In bowl combine remaining ingredients. Divide the vegetable mixture over top the mushroom caps. ROSE REISMAN

Ingredients

- 3/4 cup panko crumbs or bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 egg
- 2 tbsp milk
- 6 large Portobello mushrooms, cleaned with stem removed
- 1/2 cup each diced seeded tomato, green pepper, cucumber
- 1/2 (2 oz) cup diced feta cheese
- 1/4 cup diced green onion
- 2 tbsp chopped black olives
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp minced garlic
- 1/2 tsp dried basil

1. Preheat oven to 425 F. Line a baked sheet with foil. Mix panko crumbs and cheese and place on a flat plate. Mix egg and milk and place on a separate dish. Dip mushroom caps, both sides, into egg mixture then crumb mixture.
2. Place mushroom caps on

CIS football

Saint Mary's suffers humiliating loss on home turf

Things have gone from bad to worse for the Saint Mary's Huskies football team.

Quarterback Ben Rossong threw six interceptions, three of which were returned for touchdowns, as the Concordia Stingers humiliated Saint Mary's 63-7 in interlock CIS football action Saturday afternoon at Huskies Stadium.

Rossong had a dismal performance at pivot. Besides the six picks, he completed just three of 18 passes for a mere 18 yards.

All tolled, Saint Mary's accumulated only 62 yards in total offence, including 45 yards on the ground.

Saturday's game was basically over after the first quarter when Concordia, ranked ninth in the country, scored 35 unanswered points.

Saint Mary's is now 0-4 and has been outscored 149-35.

Things don't get any easier for the Huskies as they now gear up for a home-and-home series with the unbeaten Mount Allison Mounties.

Saint Mary's hosts the Mounties this Saturday at 2 p.m., with a return engagement Oct. 11 in Sackville, N.B. METRO

Golf

Europe dominant in latest Ryder Cup victory

The tone was set by Rory McIlroy, the best player in the world. The winning shot came from Jamie Donaldson, a Ryder Cup rookie.

Europe added another layer to its Ryder Cup dominance on Sunday by leaving no doubt who had the best team, if not the best players. Behind two early comebacks that showed its resolve, Europe clinched the cup with four matches still on the course.

With a 16-1/2 to 11-1/2 victory, Europe kept that gold trophy for the eighth time in the last 10 tries.

Donaldson finished off the Americans with a 9-iron that settled 18 inches from the cup on the 15th hole against Keegan Bradley to set off the celebration. THE ASSOCIATED PRESS



Huskies thrown off scoring scent by Axewomen

Saint Mary's Huskies goalkeeper Morgan Geremia dives to block a shot from Acadia Axewomen's Chantelle Cadeau during university women's soccer action at Huskies Stadium on Sunday afternoon. Katie Nickerson and Emily Nickerson scored first-half goals for the Axewomen in a 2-0 win. JEFF HARPER/METRO

Sea Dogs unleash attack on Herd

Mooseheads. 7-0 loss comes a day after home-ice victory



PHILIP CROUCHER

philip.croucher@metronews.ca

This one wasn't pretty.

The Halifax Mooseheads, fresh off a solid 6-4 home win Friday night against the Chicoutimi Sagueneens at Scotiabank Place, took to the road Saturday and took it on the chin against the Saint John Sea Dogs, losing 7-0.

The game was played before 3,185 fans at Harbour Station in Saint John.

The Mooseheads allowed two goals in the first period, three in the second and two more in the third for the one-sided setback.

Zach Fucale started in goal for the Mooseheads and was pulled five minutes into the third after allowing six goals on 37 shots. Kevin Resop finished the game and allowed



Mooseheads netminder Zach Fucale was pulled against the Sea Dogs after allowing six goals. JEFF HARPER/METRO

Next game

The Halifax Mooseheads are back in action Thursday night when they play host to the Rouyn-Noranda Huskies at 7 p.m.

one goal on nine shots.

Fucal, the team's No. 1, has allowed 10 goals in his first

two games with the Mooseheads after coming back from Montreal Canadiens training camp.

Thomas Chabot and Justice Dundas each scored twice to lead the offensive attack for the Sea Dogs. Luke Green of Hammonds Plains, taken first overall by the Sea Dogs in the 2014 QMJHL draft, added two assists. Sebastien Auger made 30 saves for the shutout.

4-point night

Gadoury electric in season debut

Close to 7,300 fans watched 20-year-old Halifax Mooseheads forward Philippe Gadoury step back onto Scotiabank Centre ice on fire, after a neck injury sent him back from Montreal Canadiens training camp early, to contribute two goals and two assists en route to a 6-4 win over the Chicoutimi Sagueneens Friday night.

"I felt pretty good," the Greenfield Park, Que., native said after the game. "It's always fun to be back in the lineup, and having a good game makes it a plus."

With the loss, the Mooseheads fell to 2-2-1 on the season.

4 SPORTS



The A's celebrate clinching a wild-card spot with their 4-0 win over the Rangers on Sunday in Arlington, Tex. RONALD MARTINEZ/GETTY IMAGES

MLB. A's back their way into playoff position

The Oakland Athletics waited until the last day of the regular season to finally clinch their third consecutive playoff berth.

Adam Dunn's wait to make the post-season for the first time lasted much longer: 2,001 games over 14 seasons.

"It's what you work for your whole career," said Dunn, who was traded to Oakland from the Chicago White Sox on Aug. 31. "I don't know how fair it is that I get to enjoy kind of the fruit of their labour, but beggars can't be choosers."

Sonny Gray threw a six-hitter to win for the first time in five September starts, Josh Reddick had an RBI triple and Oakland beat the Texas Rangers 4-0 Sunday to clinch the American League's second wild card.

The A's play the win-or-go-home wild-card game Tuesday night at Kansas City, which won five of the seven games in the season series against Oakland (88-74).

Manager Bob Melvin stood in the middle of the clubhouse and gathered the team around him.

"We're in. That's three in

Playoffs at a glance

- **Division champions:**
American League:
East — Baltimore Orioles
Central — Detroit Tigers
West — Los Angeles Angels
- **National League:**
East — Washington Nationals
Central — St. Louis Cardinals
West — Los Angeles Dodgers
- **Wild cards:**
AL — Kansas City Royals, Oakland Athletics
NL — Pittsburgh Pirates, San Francisco Giants

a row," he said before being showered with champagne and beer.

After winning the AL West the past two seasons, the A's finally got in this time after a prolonged slump.

The A's lost 30 of their previous 45 games before winning game No. 162.

THE ASSOCIATED PRESS



Paying their re2pect

The Yankees' Derek Jeter played the final game of his career against the Red Sox on Sunday in Boston. Scan the image with the Metro News app to see how baseball bid farewell to the longtime Yankees captain. ELISE AMENDOLA/THE ASSOCIATED PRESS



Jays hang up hats on disappointing 2014

October out of reach.

Toronto reflects on the season that was and looks forward to 2015

Frustrating. Entertaining. Disappointing.

The Toronto Blue Jays wrapped up yet another roller-coaster season Sunday ripe with emotion.

"We were an entertaining team," manager John Gibbons said before the season-ending 1-0 loss to Baltimore. "A frustrating team but very entertaining, I think we gave our fans some pretty good entertainment along the way. But in saying that too we're all disappointed."

Toronto finished the season with an 83-79 record, falling into third in the American League East on the last day as the Yankees (84-78) moved ahead with a win. The Jays finished 13 games behind the Orioles.

The Jays were 38-24, six games atop the division, on June 6 — fuelled in large part by a 21-9 May (a .700 record for the month).

If May was the peak, August was the valley. The team slumped to a 9-17 record (.346) with Adam Lind, Edwin Encarnacion and Brett Lawrie missing chunks of action with injuries.

Pitcher R.A. Dickey talked of the need for consistency.

"We need to figure out how



Jose Bautista and the Blue Jays salute their fans during their 1-0 loss to the Orioles on Sunday in Toronto. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Quoted

"If something like our five-year policy was a problem, I'm pretty sure I would have been told that already, and it doesn't look to be the case."

Blue Jays GM Alex Anthopoulos, on refusing to sign players to contracts longer than five years.

we can consistently be better," he said. "How can we have the May that we did in multiple months and how do we eliminate the August that we had?"

General manager Alex An-

thopoulos also said the team fell short.

"We didn't achieve our goals. That goes without saying," he said.

"It's more disheartening

this season, I felt like we were close. Obviously we were there the bulk of the year," he added.

Anthopoulos repeated his confidence in Gibbons, who has a rolling contract that kicks in every Jan. 1.

The team will have to dig deep into its pocket to re-sign left-fielder Melky Cabrera and needs to solve question marks in centre-field, second base and the bullpen. The bench and defence also need upgrades. THE CANADIAN PRESS

Nationals. Diving catch saves no-hitter for Zimmermann

Jordan Zimmermann pitched the first no-hitter for the Washington Nationals, the gem preserved when defensive replacement Steven Souza Jr. made a diving catch in left field for the final out in a 1-0 victory over the Miami Marlins in a regular-season finale Sunday.

Zimmermann (14-5) allowed only two baserunners, finishing with 10 strikeouts and one walk in the fifth no-hitter in the majors this year.

Christian Yelich almost wrecked Zimmermann's bid with two outs in the ninth inning. He sent a long drive to left-centre, and Zimmermann leaned his head back and winced, thinking his no-hitter was lost.

But Souza, who made his big-league debut this year and took over for Ryan Zimmerman to begin the ninth, ran hard into the gap, extended his glove and leaped for the sensational catch. Souza used his bare hand to squeeze the ball in his mitt as he fell.

Souza hopped up and punched the air. Zimmermann, watching from the mound, raised both arms overhead and pumped his right fist.

"I thought that was a double for sure, and here he comes out of nowhere and makes the play," Zimmermann said.

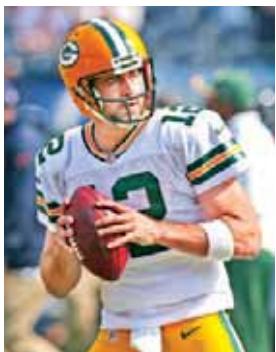
It was the fifth time there has been a no-hitter on the final day of the season.

THE ASSOCIATED PRESS



Nationals starter Jordan Zimmermann celebrates the final out in his no-hitter against the Marlins on Sunday in Washington. ALEX BRANDON/THE ASSOCIATED PRESS

Packers pick apart Bears



Packers quarterback Aaron Rodgers threw for four touchdowns against the Bears on Sunday.

JONATHAN DANIEL/GETTY IMAGES

It's a beautiful day in Mr. Rodgers' neighbourhood. Green Bay QB follows up subpar performance with high-scoring win

Aaron Rodgers urged Packers fans to relax. Maybe they will after this one.

Rodgers threw for 302 yards and four touchdowns, and Green Bay shook off one of its worst offensive performances in years with a 38-17 victory over the Chicago

Bears on Sunday afternoon.

The Packers (2-2) scored on their first six possessions and racked up 358 yards after being held to 223, their lowest total since 2008, a week earlier in a 19-7 loss at Detroit.

They intercepted Jay Cutler twice in the third quarter to pull away from the Bears (2-2). That gave Green Bay five straight wins at Soldier Field, including the NFC title game four years ago and a playoffs-or-bust finale for both teams last season.

Rodgers called on Packers fans to take a deep breath during the week, and he gave them reason to exhale with

this performance.

"I just wanted to remind everybody that it's a long season, and at some point, we're going to get this thing figured out," Rodgers said.

He had all the answers in this one.

Rodgers posted a 151.2 rating for the game, completing 22 of 28 passes, and had all the time he needed with five-time Pro Bowl defensive end Jared Allen sitting out because of an illness.

He threw two touchdown passes each to Randall Cobb and Jordy Nelson, and a fifth got called back by a penalty.

THE ASSOCIATED PRESS

Jets downed

Stafford shoulders load in Lions' win

Matthew Stafford threw two touchdown passes and ran for another score and the Detroit Lions overcame Calvin Johnson being limited by an ankle injury to beat the New York Jets 24-17 on Sunday.

Jeremy Ross and Eric Ebron caught scoring passes for the Lions, who are off to a 3-1 start for the second straight season. Stafford finished 24 of 34 for 293 yards.

Johnson, who was in and out of the game, had just two catches for 12 yards. THE ASSOCIATED PRESS

The man in San Fran

Eagles' unbeaten record gets Gore-d

The San Francisco 49ers got Frank Gore involved in the offence again, and it returned them to their winning ways.

Gore caught a career-best 55-yard touchdown and ran for 119 yards in his first 100-yard game of 2014, leading the San Francisco 49ers past Philadelphia 26-21 on Sunday to hand the Eagles their first loss.

The 49ers delivered a late goal-line stand as they avoided their first three-game losing streak under fourth-year coach Jim Harbaugh. THE ASSOCIATED PRESS

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Tough decisions will need to be made this week. Don't let others know what you're planning. It'll be easier to make changes if you don't have to explain yourself.

♉ Taurus

April 21 - May 20

If a friend or co-worker tries to turn each chat you have into a conversation about them, you must let them know it's getting a little bit boring.

♊ Gemini

May 22 - June 21

A completely unexpected event will throw you off your stride today but that's OK. You will still be heading in roughly the right direction and if you get there a bit later, it's no big deal.

♋ Cancer

June 22 - July 23

You seem impatient to get rid of something that has been central in your life for years. It may appear to have outlived its usefulness but the planets indicate there is something important it can still do for you.

♌ Leo

July 24 - Aug. 23

Let fate take its course over the next two or three days and don't try to force an issue that will most likely resolve itself.

♍ Virgo

Aug. 24 - Sept. 23

Make the effort to visit people and places you have not seen in a while. The more you are on the move today the more likely it is you will make contacts who could be useful.

♎ Libra

Sept. 24 - Oct. 23

There has been a great deal of tension in your life of late but with Venus, your ruler, moving into your sign today, expect things to be more relaxed.

♏ Scorpio

Oct. 24 - Nov. 22

What would you change in your life if you knew you had the power to make it happen? Whatever it is, start thinking and feeling as if it will do whatever you tell it to do.

♐ Sagittarius

Nov. 23 - Dec. 21

Are you motivated by hope or by fear? As a larger-than-life Sag it's more likely to be the former but there are still times when worry gets on top of you. Count and celebrate your blessings.

♑ Capricorn

Dec. 22 - Jan. 20

Exciting things are happening in your life and most likely you will be making serious gains between now and the end of the week. Career opportunities will come knocking. Open up!

♒ Aquarius

Jan. 21 - Feb. 19

Things might be calm on the surface but your instincts tell you that behind the scenes major changes are taking place. It is all part of the bigger plan to make your life more fulfilling.

♓ Pisces

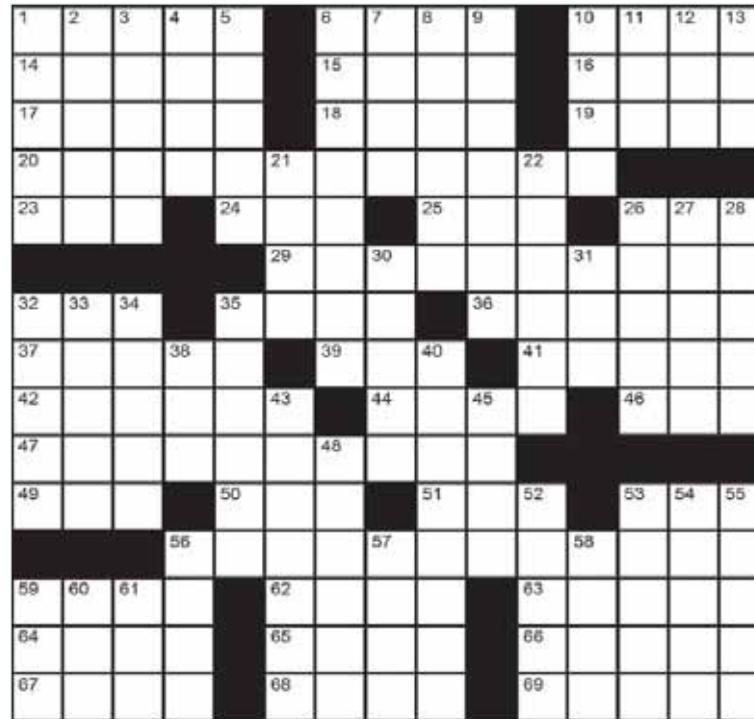
Feb. 20 - March 20

Cosmic activity in the wealth area of your chart warns you to keep an eye on your finances. Help people only if you can.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

- Showbiz sketches
- By-the-phone items
- Campus house, e.g.
- It's stored in the Aron Kodesh
- Actor Michael
- Hurt human's holler!
- Aroma
- NYC artsy attraction
- To, archaically
- Wyatt Earp advertisement: 2 wds.
- Sun's spot
- Supermodel, Alek
- HTTP's home
- Alphabetic trio
- Hit for Canadian songstress Amanda Marshall
- Dept. head
- French film
- Like sponges
- "There ____ words." (I'm speechless)
- Stevie Wonder's "____ Duke"
- Explorer's course
- The Barber of Seville role
- Ms. DioGuardi
- Allow
- Veiled hauntress of #56-Across: 2 wds.
- Antiquity
- Tony-winner Ms. Allen
- Q. "____ ' the Alphabet's second let-



- ter?" A. "Indeed."
- Mideast fed.
- Rockies retreat where #47-Across is said to roam, The Fairmont ____ Hotel
- Washstand container
- "Buenos ____!"
- Whitney Houston's "____ Once"
- Ms. Sorvino
- "It just bothers me ____ many levels."
- "How Do ____" by LeAnn Rimes
- Impediment
- Aquarium fish, Tetra
- Dissuade
- Packs away

- Imaging company
- Tale's twist
- Stretched tight
- The Taming of the ____
- Autumn sights
- 'Buck' add-on
- Appetizing sampling of Chinese cuisine: 2 wds.
- Cruise on the Carib-

- bean: 2 wds.
- "____ Weddings Canada"
- Nylons problem
- Perform
- Even if, briefly
- Ms. Mazar
- Alberta village, 'The Friendly Community'
- Grave snatcher

Friday's Crossword



Online

See today's answers at
metronews.ca/answers



Sudoku

How to play
 Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

5	4	8	7	1	2	6	9	3
1	3	2	9	8	6	4	7	5
7	9	6	5	4	3	2	1	8
3	6	5	1	2	4	9	8	7
2	8	9	3	7	5	1	4	6
4	7	1	8	6	9	3	5	2
9	1	3	6	5	7	8	2	4
8	2	7	4	3	1	5	6	9
6	5	4	2	9	8	7	3	1

8	2	7	1	4
7	6		8	2
7	8	2		7
4		1	3	7
5		8	5	9
5		1	6	5
		3	1	2
3	1	5	2	4

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WAS: \$25,594*

SAVE: \$10,604*

NOW: \$14,990*



8
LEFT

\$0
DOWN

\$93*
BW

2013 HYUNDAI ACCENT GL

5 DOOR, AUTO, A/C, POWER GROUP

WAS: \$18,594*

SAVE: \$4,604*

NOW: \$13,990*



3
LEFT

\$0
DOWN

\$86*
BW

FREE TRIP FOR 2 TO
FLORIDA WITH PURCHASE

2013 HYUNDAI ACCENT GL

4 DOOR, AUTO, A/C, POWER GROUP

WAS: \$18,344*

SAVE: \$5,354*

NOW: \$12,990*



7
LEFT

\$0
DOWN

\$136*
BW

2014 HYUNDAI TUCSON GL

AUTO, A/C, POWER GROUP, AWD

WAS: \$27,509*

SAVE: \$4,519*

NOW: \$22,990*



3
LEFT

\$0
DOWN

\$153*
BW

FREE TRIP FOR 2 TO
FLORIDA WITH PURCHASE

2014 HYUNDAI SANTA FE

PREMIUM AWD, AUTO, A/C, POWER GROUP, AWD

WAS: \$32,394*

SAVE: \$6,404*

NOW: \$25,990*

*Free trip for two to Florida or Vegas with the purchase of a O'Regan's Dartmouth Hyundai Certified used vehicle. Deal available on in-stock units only with O'Regan's financing. Taxes and fees not included. Includes minimum trade value of \$1000 for cash for clunkers. All vehicles are Green Light certified with low kms. Offer ends September 30, 2014. See O'Regan's Dartmouth Hyundai for details.



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FROM ONLY

PLUS YOUR CHOICE OF FREE SNOW TIRES OR ACCESSORY PACKAGE!

**FREE
ALL WHEEL
DRIVE!**



2014 HYUNDAI TUCSON

Get NO CHARGE ALL-WHEEL-DRIVE **PLUS** save an EXTRA \$1000 **PLUS** your choice of FREE SNOW TIRES or AUTO START or Accessory Package on remaining in-stock 2014 Hyundai Tucsons!

OWN IT TODAY FOR:	
\$239** /BW FOR 60 MOS	\$202** /BW FOR 72 MOS
\$175** /BW FOR 84 MOS	\$155** /BW FOR 96 MOS

2014 HYUNDAI SANTA FE

SAVE UP TO \$5000 **\$169**
BW**

✓ PAYMENTS SHOWN ARE ALL-IN ✓ NOTHING EXTRA ✓ NO SURPRISES JUST GREAT DEALS!

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REAL VALUE!**

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HYUNDAI

*Plus freight & applicable taxes. **BIWEEKLY Payment examples are \$0 DOWN, TAXES, FREIGHT & FEES INCLUDED! While quantities last. May not be exactly as shown. OAC